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The Gull River experience
Read about what you might see during a paddle on the Gull River in Minden on pages 2 and 3.

Smokey summer
Read Deborah J Reed's Hazy Days of Summer poem on page 4.

Here comes the Summer Festival
Read about this year's lineup on page 7.

Acting for Climate, a performing arts and circus company, put on a performance for Solstice Festival goers at Abbey Gardens on Saturday, June 24. The event featured live music, local food and produce, nature activities, an artisan market, and planting station all to celebrate the Summer Solstice. See more photos on page 12. /TIM YANO Special to *County Life*

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Naturally Yours

Paddling the Gull River

Rotary Park to Gull Lake

RICK WHITTEKER

Special to *County Life*

It is 6.5 km from Rotary Park just north of Minden to the mouth of Gull Lake, where "going with the flow" is the right way to go. Gently nudging you along, the current is like a breeze at your back. Arranging a pickup or shuttle will be necessary for this linear paddle.

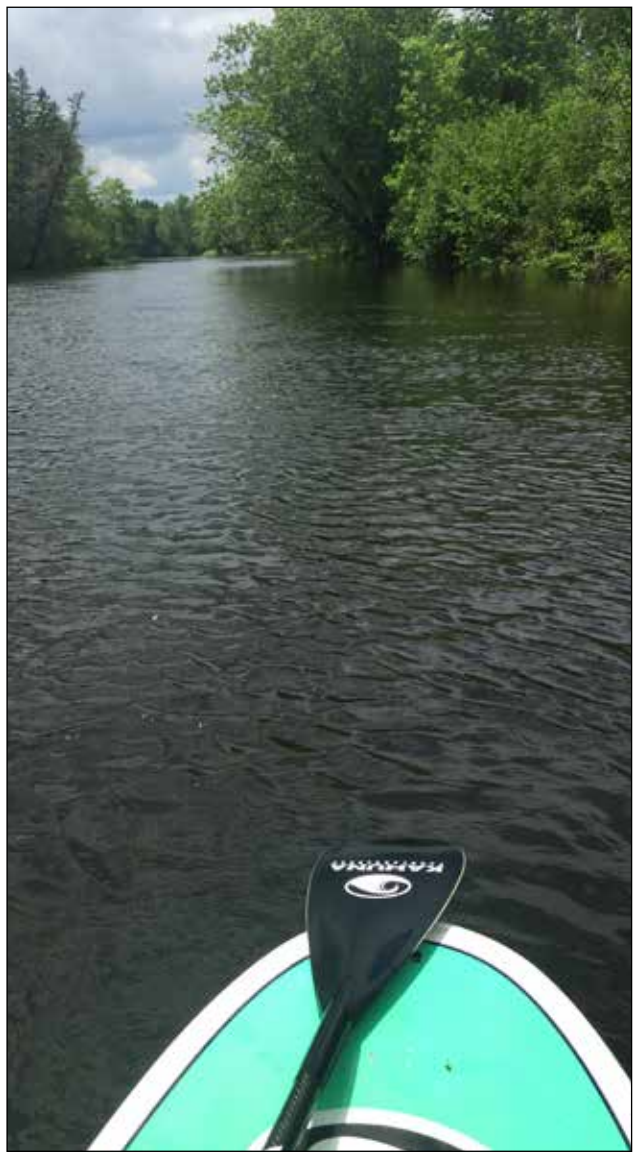
For this trip, I decided to travel on a stand-up paddleboard (SUP). I find the vista from the standing position is a better vantage point to see underwater movement, and these boards are also ideal for paddling into shallows to explore. Another benefit to stand up paddling is that you can kneel, sit, dangle your feet in the water, lie down and even do yoga if you are so inclined.

In 15 minutes, I am paddling parallel to the popular Riverwalk Trail in Minden where the bustle of this small town envelops the river. Be prepared to wave and say hello to dog walkers, pram pushers, speed walkers, bikers, and strollers alike. This river section through Minden is quaint: the vibrant colours of flowering baskets, wood carvings, rainbow benches, a giant, white ice cream cone and other colourful attractions adds a vibrant sensory component to the paddle through town.

Once past this busy area, the river soundscape changes. The soft hubbub of town is replaced by towering trees, thick shrubbery, and the twitter of bird song. A female Red-winged Blackbird chatters, hovered near me, urging me to move on past its breeding site. I recognized the fluty song of the House Wren and the sweet song of the Red-eyed Vireo. A Great Crested Flycatcher silently landed on a bare branch nearby, and a Belted Kingfisher did a twisting, torpedo-like flyby. A pair of mallards blast out of their hiding spot, hardly leaving a ripple in their wake. There always seemed to be something moving in this section just past Minden.

Some stretches of the Gull River are very natural: craggy, old willows and other mature trees drape themselves over the river giving paddlers a natural canopy to paddle or rest under. These shady spots help keep the river cool and, therefore, healthier, supporting more wildlife including fish. I saw several private landowners naturalizing their shoreline, planting or leaving to grow a buffer of vegetation at the river's edge, helping to keep the geese from grazing and to reduce shoreline erosion.

There are also sections where the river narrows and cottages and residences are clustered together. One section might be called Pontoon Alley where several pontoon boats line both sides of the river. It is easy to imagea person reading the *Minden Times* on their dock.



Sections of the Gull River feel very natural and wild. /Rick Whitteker

About 5 km downstream from Rotary Park there is a boat launch and grassy knoll to stop for a break, a snack, or a picnic. This is also a good spot for a swim if a full river immersive experience beckons.

There are several interesting things to see on this paddle. There are funky dock and deck designs, fluttering hawk kites to deter geese and even a small, colourful "bottle" tree. To my surprise, I also ran into two pairs of Muscovy Ducks, the kind of ducks more com-

see page 3

County Life

The following inserts are being distributed with County Life this week:

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Rexall *
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Walker's Heating & Cooling *

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For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Naturally Yours

A paddle down the Gull River has many unique sightings including this "bottle" tree. /Rick Whitteker

Domesticated Muscovy ducks hanging out on Gull Lake near the mouth of the Gull River.

from page 2

monly found on ponds in urban parks. Wild Muscovy Ducks live in coastal and lowland habitats from northern Mexico to Argentina and the lower Rio Grande Valley of Texas.

Far from their wild range, these domesticated ducks are large, with warty, red heads. The two pairs were on either side of the river, one pair was brown and white and the other mostly black. While I drifted by, two ducks did what I can only describe as a dip, splash, shimmy and shake display. I have seen loons do a similar display with a little less gyration than these odd-looking ducks. It is strange to see them on the Gull… not clear why they are here or how they will survive the winter.

In the last few hundred meters, the river picks up some speed, however by staying to the left side I kept out of the main flow and eddied gently into the calm waters of Gull Lake. After 2.5 hours of drifting and paddling, I met one kayaker, had one riverside chat and several friendly waves to people along the way. I did not meet a motorboat, a rare experience along this stretch of the Gull.

Going with the flow on the Gull River is a great way to experience slow river travel. A paddle through diverse habitats, from busy public spaces to areas of wildness on this section of this wonderful river running through the heart of Minden Hills.

SUP rentals and services

Stand up paddleboards can be rented at Algonquin Outfitters in Minden 705-286-1492 and Haliburton 705-457-3737. Rentals and guiding services are also available at Deep Roots Adventure (www.deeprootsadventure.com) out of their Kingscote Outpost. For Intro to Paddleboarding, SUP Yoga or SUP Fitness try Wolf Flow at www.wolfflowsup.com.

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Community Events

Send your event listing to
classifieds@haliburtonpress.com

TOPS: Take Off Pounds Sensibly
When: Mondays 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

Unique Baskets from Garden and Nature
When: Tuesday July 4, 7 p.m.
Where: Minden Community Centre, 55 Parkside Street
Minden & District Horticultural Society invites you to come and listen to our guest Speaker Sheila Zinman share about creating unique baskets using materials from the garden and nature. Please visit mindenhorticulturalsociety.ca for more information.

Outpost Scrabble and Coffee
When: July 19 and Aug. 23, 10:30 a.m.
Where: Red Cross Outpost, 2314 Loop Road, Wilberforce.
Join us for Outpost Scrabble and Coffee at the Red Cross Outpost Historic House Museum, 2314 Loop Road, Wilberforce.

Haliburton Village was choked in smoke Sunday morning. /Adam Frisk Special to *County Life*

Hazy days of summer

The wind keeps pushing smoke at us
Obscuring distant views
The locals say it's northern fires
Which headline global news

My heartache is much more than lungs
Raw throat and scratchy eyes
It's also that a wilderness
Is burning to the skies

And homes for its inhabitants
Now wrecked, defaced or lost
Great trees and towns and healthy fields
Full-scorched at tragic cost

But even when the rains lash down
The flames push back and stay
Devouring all on every path
They choose along the way

So frightened fighters persevere
Requesting help from far
They're promise-bound to quench the burn
And minimize the char

Yet wind just fans up taller flames
Until whatever end
Might call those northern fires cold
So healing can descend

By Deborah J Reed

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Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday, 1 p.m. Schofield Rm.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays: Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m. Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call Cheryl Waller at (905) 447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

July 6: Open 2 to 6 p.m.
July 7: Wings and Jam Session 5 to 8 p.m.
July 8: Meat draw 3pm
July 9: L.A Breakfast 9-11am
July 10: Closed
July 11: Closed - General Mtg 7 p.m.
July 12: Darts 2 p.m. – Open to 6 p.m.
July 13: Open 2 to 6 p.m. HHHS Social 10 a.m. to 1 p.m.

Haliburton Highlands Challenge kicks off with a celebration

BARB SMITH-MORRISON

Special to *County Life*

Eliza Ramsdale smiles during the kick off of the Haliburton Highlands Challenge at the Abbey Retreat Centre. /TIM YANO Special to County Life

It was an afternoon of moving stories, high energy and a lot of lime green T-shirts as the Abbey Retreat Centre held the official launch of their 4th Annual Haliburton Highlands Challenge, running from July 1 to Sept. 30.

Air advisories and thunderstorm warnings didn't squelch the spirit of fun or the commitment to make a difference in the lives of those living with cancer. The retreat centre was filled with HHC fundraisers who will be taking to the water, the hiking trails, the bike paths, or their own homes as they swim, kayak, canoe, bike, dance, hike, or do whatever movement fits their health and lifestyle to raise awareness and funds through this unique fundraiser.

Over the next few months, friends and supporters of the Abbey Retreat Centre's cancer support programs will be getting active and inviting their friends, families and colleagues to donate in support of their retreats and online programs that serve people across Ontario who are living with cancer. The Abbey Retreat Centre also hosts A Warm Hug from the Highlands, a volunteer-led initiative that creates warm, flannel backed quilts for permanent and seasonal residents facing a cancer diagnosis. Since it began in June of 2022, over 60 quilts have been gifted to local community members living with cancer.

Since the Abbey Retreat Centre first began in 2017, they have been committed to offering their cancer support programs at no cost, recognizing that individuals and families living with cancer already face many increased expenses. Since it's beginning, The Abbey Retreat Centre has served over 322 people affected by cancer through their suite of programming. Having to close their in-person programs during COVID, they quickly began designing and creating online programs that have received very positive reviews and feedback. They have also opened the retreat centre to countless others through the years whose lives have been affected by cancer, offering space to the local HHHS cancer support and grief groups, as well providing a gathering place for families who are looking for a time of respite and relaxation in the midst of a cancer journey. By December, the Abbey Retreat Centre is set to host four more in-person retreats and three more online programs, serving another 70 people who are facing cancer.

The waitlist for programs continues to grow as people from across Ontario, and beyond, are hearing about the transformational and impactful programming happening at the Abbey Retreat Centre. The Haliburton Highlands Challenge hopes to raise $80,000 which will move 50 people off of the waitlist into a four-day retreat.

Unique across Canada, the Abbey Retreat Centre also offers their four-day retreats to the key support people or caregivers of those living with cancer, believing that healing is enhanced for everyone when the caregiver is also well cared for.

Their retreats and online programs introduce evidence-informed practices that are focused on tending the whole person - body, mind and soul - in the midst of a cancer journey.

To find out more, join a team or donate: haliburtonhighlandschallenge.ca.

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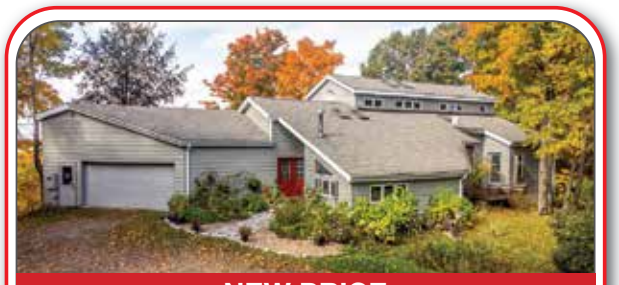
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Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

County Life is produced by The Haliburton County Echo and Minden Times, and published by White Pine Media Corp.

Audited circulation: 6,372 July 1 - Dec 31, 2015

CMCA AUDITED

How to stack without breaking your back

THERE IS nothing quite like curling up with a blanket in front of a roaring wood stove. The sound of the fire crackling and the feel of the warmth on your face. It's enough to set your mind at ease as you settle down after a long day. When we first bought our fixer upper home it was solely heated with wood. There were two fireplaces; one in the basement and one upstairs. Not being a stranger to wood heat I knew the dedication it took to constantly be feeding the fire in the dead of winter. However, I admit when it was my own home that I underestimated the level of preparedness it required to support this no furnace lifestyle. My husband and I would spend weeks in the spring and summer splitting, transferring and stacking wood to prepare for the upcoming cooler months.

DR. KASSIE WRIGHT
Wellness Corner wih Kassie

Many of us here in the Highlands spend a good amount of time preparing for the winter season. After gaining much experience I have come up with a list of tips and tricks to allow us all to stack without breaking our backs.

The first tip is for those who are swinging an ax. No matter which way you swing, try to end with your feet being square to the log. Typically most people start their swing in a rotated position. As you come through the swing, step the back foot to be in line with the planted foot. We do not want the lower back to be in a rotated position while the ax hits the wood. This creates torque and leads to the lower back being more susceptible to injury. Also try and elevate the wood on a chopping block to avoid excessive lumbar flexion.

Some wood splitters have a rack so when the wood is cut, it falls onto the rack at waist height instead of falling to the ground. This allows for less repetitive bending of the lower back and is a very worthwhile accessory.

When bending down to pick up the wood, bend your knees, hinge at the hips, and maintain a neutral spine. Keep the weight close to your centre of gravity. The legs are large, strong muscles so make sure to use them! Avoid excess flexion or extension of the lower back. Try to keep you back in a neutral position and gently brace the core when lifting a heavy load. This will create intra abdominal pressure and reduce the risk of injury. Visualize pulling the shoulder blades together and sticking them in your back pockets while you lift. This will help to protect the upper body as well.

Another piece of advice is to know your limit of what weight you can actually pick up. If you bend to pick up a piece of wood and it's too heavy, put it back down and cut it into smaller pieces. This will allow you to work longer and not be sore the next day. After picking up the wood safely, turn the whole body to place it on the stack. It's easy to get into a bad habit of simply grabbing a piece and tossing it on the pile without moving the feet. Think of moving the shoulders and hips together. If you're rotating constantly in one direction it can lead to overuse injuries in the lumbar spine.

Switch sides often. Do not continually stack on one side only. When you get into a stacking flow it's easy to reach over with one hand, grab the end of the wood and throw it on the stack. Unfortunately this can lead to injuries of the wrist and forearm. Instead, try grabbing each end of the wood with both hands and hold the wood close to your body.

And lastly, avoid overuse by trying not to do it all in one day. I understand this requires planning and sometimes there is only so much time. But when the body repeats a certain pattern it isn't used too over and over, our bodies' biomechanics will fatigue much quicker which leads to overuse injuries. Take breaks often, and do some gentle extension/backward bending stretches to give your back a rest between work loads.

Splitting and stacking wood can be economical, a good workout and a great activity for the whole family to tackle together. Implement these tips so you can prepare and enjoy.

When picking up wood:

Create intra abdominal pressure
Keep the weight close to your body
If you can't pick it up, don't pick it up
Avoid rotation
Avoid overuse - try not to do it all in one day
Elevate the wood on a chopping log
Use your knees - bend them!

Top 10 principles of canoeing

CANOEING IS a part of life up in cottage country. Most people here do not need any instruction on this. Some of you were probably born (or at least conceived) in canoes. For the rest, here are my top 10 principles of canoeing. I hope they help.

STEVE GALEA
Humour Columnist

1. If you are paddling and you are soaked, it is either raining very hard or you have capsized.
2. For best results, both paddlers should face the same way.
3. Before you launch the canoe, it's best to untie it from the roof racks.
4. A cooler full of food does not count against the maximum weight capacity of a canoe, so long as you eat its contents quickly.
5. You only have to paddle when the other guy is looking.
6. When a big wave is coming at you, the accepted practice is to turn into it and swear at the jet skier.
7. To do the J-stroke properly, you must have a working knowledge of the alphabet.
8. Never do the J-stroke in cursive writing.
9. Canoeing is a silent pastime, but only until you inadvertently find yourself in whitewater.
10. Never stand in a canoe, unless the odds of getting wet peeing outweigh the odds of getting wet capsizing.

Seagull

Seagull scuttling across the sand, passing pebbles and feathers, stranded on the shore,
stopping at the spot where Lake meets land, wavelets licking its feet,
slurps of water silencing the seagull's squawks, as it stands, still as the hills, fringing the Lake,
Air, soft as the cotton batting clouds, floating up in Sky, changing shapes or vanishing, in six blinks of an eye.
I rest beneath the pines, inhaling deep, feeling the balm of summer, only a day old,
its breeze weaving through the branches, canopying me, birdsong splashing Air, up there, somewhere,
as the seagull remains rooted to the shore, savouring its Lake bath, staring straight ahead.
I wonder what it sees, the family of ducks, bobbing along the wavelets,
the male's emerald collar, gleaming beneath midday Sun, the rest of the ducks, floating behind,
greeting summer, welcoming it back, as a pair of seagulls glide above them,
circling, then swooping down onto the shore, landing near their con-frere,
that still stands on the sand, wavelets drenching its feet.
I grin at the pair, scuttling across the shore, pecking at debris, squawking at one another,
or maybe at something I can't see, wondering whether they recognize the feathers of one of their kin,
loosened from their wing, now, stranded and bedraggled on the shore.
The pair wade into the water, as I watch from the shade, envying their ability to walk and float and fly,
wondering where they feel most at Home, on land or water or up in the Air,
spreading their wings or tucking them at their sides, leaving pieces of themselves behind,
as they leave the shore to flap back up towards Sky.
More seagulls arriving, landing on the sand, their cacophony of squawks, a summer symphony to my ears,
as I rub my spine along the pine's, peace, feeling like a warm breeze, flowing through me,
closing my eyes to listen to the chatter of gulls,
interrupted, here and there, by other, invisible birds, spattering Air with their song.
I stretch my arms, reaching towards the top of the pine, wriggling my toes, grazing grass,
that tickles and prickles, as I open my eyes, scouring the shore for the seagull that scuttled across the sand,
letting wavelets lick its feet, before the others arrived, but it's no longer there, flying up in the Air, somewhere,
or maybe it's that lone gull, floating out there on the Lake, craving the quiet of its own company,
water, cradling its feathers, sunlight, stroking its wings.

Sylvie Kalenda

The sounds and songs of the Summer Festival

EMILY STONEHOUSE
County Life Staff

It's the summer of songs from the Highlands Summer Festival (HSF) as they kick off their official 2023 season on July 3 with the musical She Loves Me.

"This is just a beautiful and sweet and lovely play," said Scot Denton, the artistic producer of the Highlands Summer Festival. Denton revealed that this play is based on a Hungarian play originally titled the Perfumery, which was then redone through a modern lens with the blockbuster hit You've Got Mail. Set in the 1930s, the play focuses on two main couples, with the protagonists simultaneously hating one another whilst (of course) unknowingly falling in love.

She Loves Me runs for the first two weeks of July, before being followed by the next play, titled 4000 Miles. This four-person play was shortlisted for a Pulitzer Prize in 2013, and revolves around the storyline of a young man named Leo, who bikes across America to his grandmother, Vera's, home. Vera and Leo have not seen one another in years, and as the play progresses, the audience is let in on secrets, motives, and personal stories.

The cast of She Loves Me rehearses in the Northern Lights Performing Arts Pavilion before the opening of the Highlands Summer Festival. /EMILY STONEHOUSE Staff

Designed to make viewers think about family, love, and loss, it's sure to charm everyone who watches it. "It's truly a comedy," said Denton, "but it certainly has darker, dramatic elements to it."

The third play of the season is titled Shirley Valentine, which is an "absolute tour de force for one actress," said Denton. Many viewers would recall the 1989 film with the same title, starring Pauline Collins. In this theatre version, viewers get a chance to hear the inner workings of Shirley Valentine, as she navigates her journey through life, before eventually ending up on the trip of a lifetime.

On top of the variety of plays offered by the HSF this season, the committee is also including a musical component to the lineup.

More Confessions from the Ninth Concession is presented by Dan Needles and Ian Bell, which takes viewers through a comedic journey of rural life via creative songs and stories. Needles is the author of the beloved Wingfield Farm stage comedies, and Bell is a founding performer for CBC's Vinyl Café.

Wrapping up the season is Early Morning Rain, the Legend of Gordon Lightfoot. "So many of these songs will really sink in for our patrons," said Denton. "So many of them have grown up listening to Lightfoot." Featuring Leisa Way and the Wayward Wind Band, the show takes audiences on a musical journey that tells the story of one of Canada's most renowned musicians; Gordon Lightfoot.

Despite a stellar lineup, Denton shared that ticket sales are not what they would like to be for this time in the season. "I think people aren't used to going out," he said, "and yes, there are still some people worried about crowds, and we understand that as well, but this is going to be a great season."

For more information and to book tickets, visit www.highlandssummerfestival.on.ca.

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A moose chews on some maple leaves. /Submitted by Tammy Nash

Water on Kashagawigamog Lake glistens in the sun. /Submitted by Jill Moulton

A Great blue heron stands in shallow water. /Submitted by Jill Moulton

A fox looks into tall grass. /Submitted by Tammy Nash

A bullfrog rests on a lily pad. /Submitted by Jill Moulton

Local ballerina to study at Alberta Ballet

VIVIAN COLLINGS
County Life Editor

Sydney Parish continues to make her own dreams come true doing what she loves most.

The 16-year-old Haliburton ballet dancer is off to England for the summer and Alberta for her senior year of high school.

Sydney was also asked to go to the two-week summer intensive at English National Ballet, a company located in London.

Knowing this was an offer too exceptional to pass up, Sydney will be crossing the Atlantic in July to train right before attending the renowned school in Alberta, and said she is so excited to do so.

"Alberta wasn't even one that she auditioned to go to. When she was competing at YAGP (Youth America Grand Prix Ballet) in Toronto, the director of Alberta was there, saw her dance, and offered her a scholarship," said Sydney's mom, Stacey Parish.

Last summer, Sydney participated in summer intensives at the American Ballet Theatre School in New York City.

Although classes were pushed online because of the COVID-19 pandemic, the local dancer said she learned skills that she can bring with her on her new ballet adventures.

"It was a really fun experience. I enjoyed taking classes with different teachers everyday, and I learned a lot there," Sydney said, but she added that the new experiences will be made sweeter after three years of limited studio access.

Sydney accepted the scholarship to head to Alberta for a week in May and see what life would be like as a student at the private school that offers education and dance under the same roof.

"She did classes with the other kids, went to school with them, they took her through the dorms, and they were assessing her dancing all week for the full-time program. At the end of the week, on Friday afternoon, she had to sit through an interview, and at the end of the interview they offered her a full-time position," Stacey said.

With that, Sydney will be boarding a plane for Calgary in August.

"The teachers there were extremely lovely, and it all just came together. I felt like I just needed a new adventure to go on, too," Sydney said.

As a parent, Stacey clearly sees that her daughter owes all her success to working tirelessly at the thing she loves most.

"Syd's an incredibly hardworking kid," Stacey said. "She has worked so hard and has given up so much to follow her dreams that it's just mind blowing as a parent to watch."

Last year, Sydney trained in Toronto for eight hours a day, and then did four to five hours of schooling every morning.

When she was twirling around the house at age 3, Stacey realized she had a dancer on her hands rather than a hockey player.

Local ballet dancer Sydney Parish will be attending school at the Alberta Ballet in September. /FILE

"I love being able to have my creative movement shown in so many different ways. I get to do really fun ballet pieces," Sydney said.

Her mom says that because of Sydney's height, she is faced with pressures in a dance world that favours shorter statures.

"She's very tall. She's 5'11" which is extremely tall for a dancer, so she has to deal with a lot of pressure from being taller because a lot of dance companies favour shorter, more compact dancers," Stacey said.

The Grade 11 Haliburton Highlands Secondary School student is proving to the ballet community that social norms can, and should, be broken.

"It's kind of incredible to watch," Stacey said. "You always think your kid's an amazing dancer, but you don't really realize until she gets these opportunities to do other things. She just shines on stage."

Outside of the studio, Sydney spends her time with friends and family. One of her other hobbies is knitting and crocheting.

"Last year, she knit 40 blankets for the long-term care homes in Haliburton so the residents could keep warm in the winter," Stacey said.

Sydney serves as a role model for younger kids in her life.

"She has two younger sisters that she plays with and encourages, and she's always so positive and helps kids if they ask for her help," Stacey said.

Sydney wants to let younger dancers know that dreams can be achieved with hard work and passion for the sport.

"To all the little dancers, never give up and just keep working hard."

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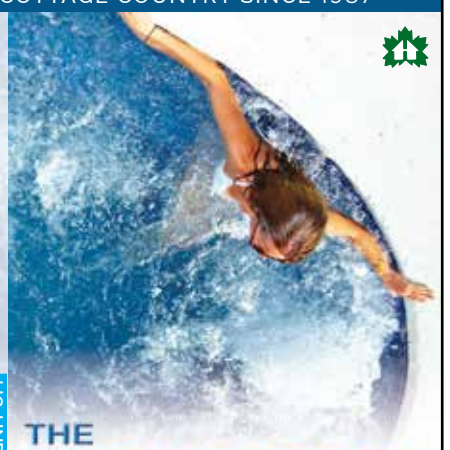

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MATT DUCHENE

Fate plays a role in NHL draft

MATT JAMES
Staff Reporter

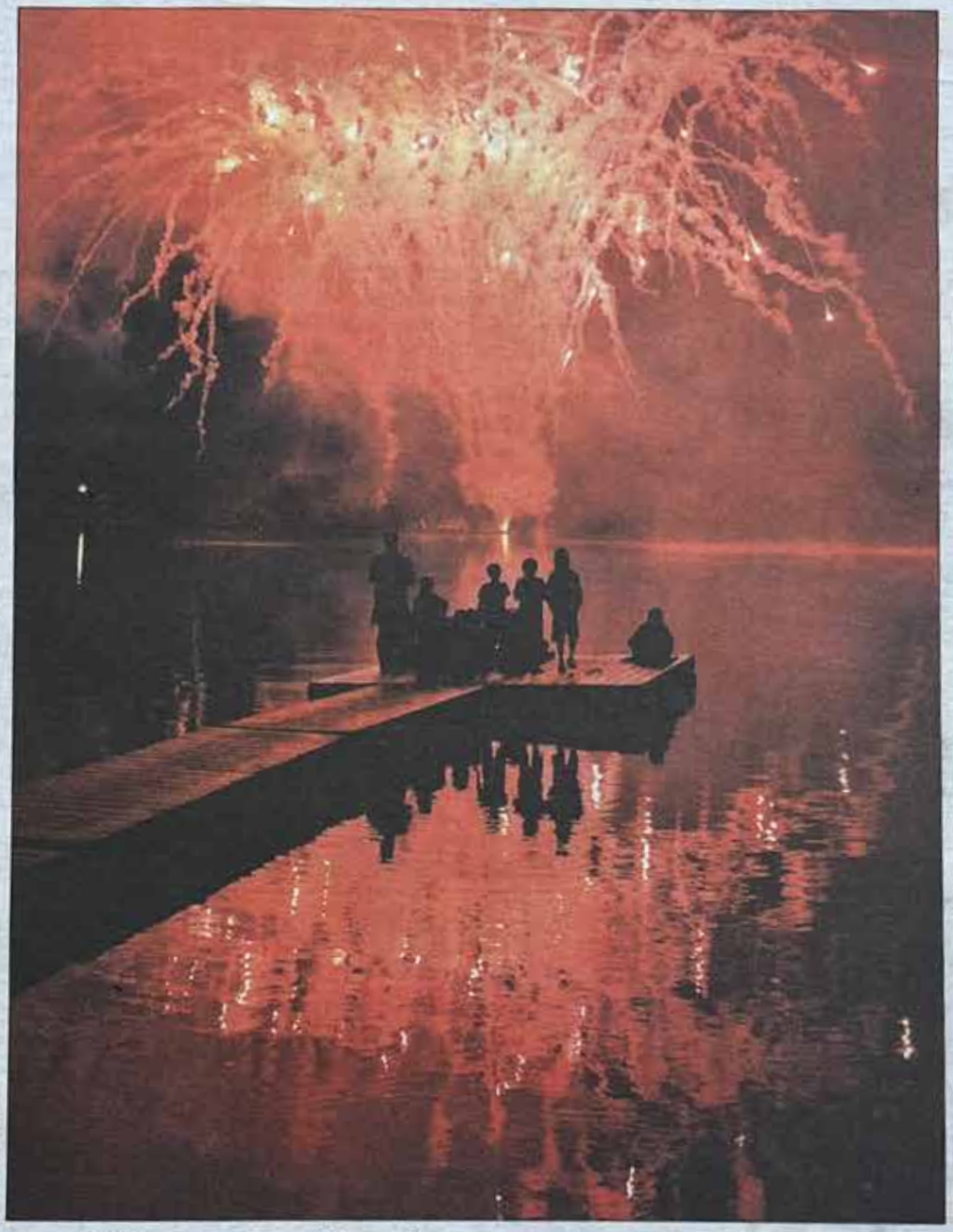
Before local hockey hero Matt Duchene was selected third overall by the Colorado Avalanche in the 2009 NHL Entry Draft, it was widely known that the 18-year-old Haliburton hockey player had grown up idolizing the very team that drafted him.

And as it turns out, there's quite a string of interesting and quirky facts that connect Duchene to the Colorado Avalanche.

"We analyzed the teams and we knew it was a pretty good chance that [Matt] was going to end up with Colorado," said Matt's father Vince outside the Avalanche suite at the Montreal Bell Centre a couple of hours after Matt was drafted. "But I can't tell you how many small world connections there are to Colorado."

Nearby, Duchene was being photographed in his new Avs garb with family members.

See **Duchene** *page 20*



TIM TOFFLEMIRE/Special to the Echo

Happy birthday with a bang!

West Guilford knows how to throw a party on Canada Day. Its annual event is always a crowd-pleaser, especially the fireworks that light up Pine Lake after dusk. For more photos and a story about the celebration, including this year's citizen of the year, see pages 22, 23 and 24.

URANIUM MINING

Old Dyno mine still raises questions

JENN WATT
Staff Reporter

Ken Sanderson is the epitome of a "local."

At 84 years old, he's seen much of the establishment and progress of eastern Haliburton County.

He remembers when the Wilberforce medical centre was built – because he built it. He attended Wilberforce school when it was just one of eight in the area, now just one of two.

And, like 450 others, in 1958 he worked in a uranium mine.

On a shelf in Sanderson's Wilberforce home sits a small glass vial full of yellow powder. It's yellowcake – the result of the mining and milling process of uranium ore that Dyno Mine used to perform.

It was a gift given him on his last day at Dyno Mine, just a year after he began and it's one of the few tangible items left from the mine.

It was the mines that created Cardiff and brought populations to the backroads of the county, but the industry proved volatile and went from employing 1,400

See **Dyno mine** *page 16*

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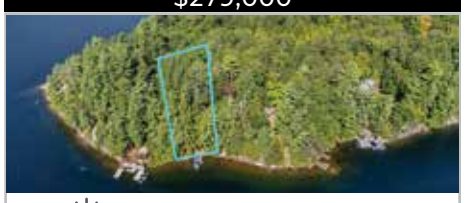

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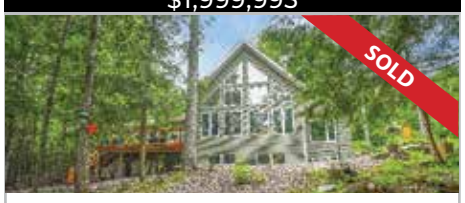

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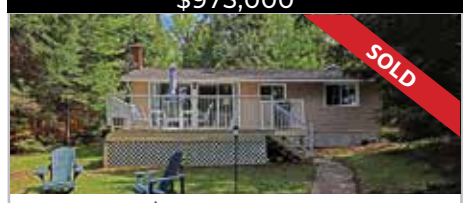

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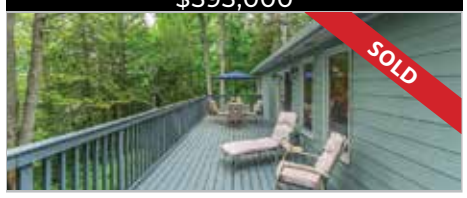

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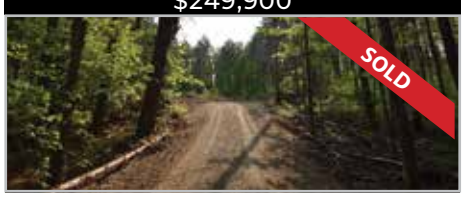
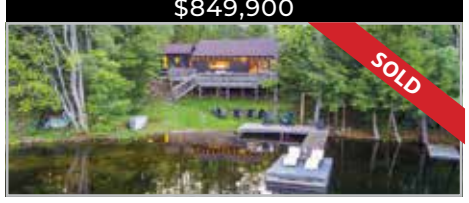
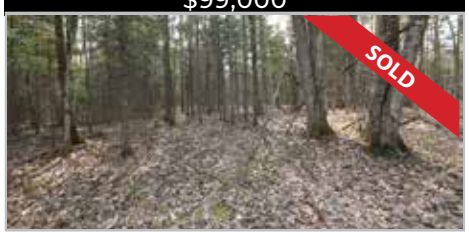


PINE LAKE
$999,500

GOODERHAM LAKE
$849,900



SOUTH ROAD
$99,000



PINE LAKE ROAD
$649,900

MOUNTAIN LAKE
$1,210,000

SOYERS LAKE
$2,695,000

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